

Meat Salad Sandwich¹⁵

Number of Servings: 15 (123.78 g per serving)

Amount	Measure	Ingredient
30.00	oz	Pork, roast, center loin, lean, rstd
3/4	cup	Dressing, mayonnaise type
30.00	pce	Bread, whole grain, slice
3 1/4	Tbs	Relish, pickle, sweet

Nutrients per serving

Nutrition Facts			
Serving Size (124g)			
Servings Per Container			
Amount Per Serving			
Calories 300		Calories from Fat 100	
		% Daily Value*	
Total Fat	11g		17%
Saturated Fat	3g		15%
Trans Fat	0g		
Cholesterol	50mg		17%
Sodium	370mg		15%
Total Carbohydrate	27g		9%
Dietary Fiber	4g		16%
Sugars	5g		
Protein	23g		
Vitamin A	2%	Vitamin C	2%
Calcium	6%	Iron	10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Serving size: 1 sandwich
(2 sl bread & 1/4 cup(#16 scoop) meat filling)=2CS
Grind pre-cooked, cooled pork
Mix with mayonnaise and relish, plus milk if needed to make more moist.
Portion with #16 (1/4 cup) scoop onto bread. Spread evenly
Cover with top slice of bread
Cut diagonally. Place sandwiches in sandwich bags or on tray, cover and refrigerate until time of service
HACCP

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Holding :

- Hold for cold service at an internal temperature of 41 F or lower.

Notes

Other cooked meat may be used in place of pork(beef, chicken,etc)
May spread bread with margarine before adding meat mixture if desired.
May add small amount of milk if mixture needs more moisture. May add dry mustard for flavor as well as minced onion if desired.